



Making Wellness Work

City of Concord Wellness Program

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SUGAR SHOCK

Sugar is thought to be the leading cause of inflammation today. Do you know how much sugar you typically have in a day? Join Traci Komorek, RD, LD from Fresh Roots Nutrition as she helps you to learn signs when you have too much, where it is hidden, better sources of more natural sugars, as well as the latest research on artificial sweeteners. Leave with some treat recipes that are delicious and good for you. This class is great for everyone. She will also be conducting a 2-week Sugar Challenge and will have one-on-one sessions the week following these workshops to begin this challenge. Sign-up sheets will be available at each of the workshops.

[Register](#) now to join us on the following dates and times:

Tuesday	10/13/15	12:00 pm—1:00pm	Council Chambers
Friday	10/16/15	12:00 pm—1:00pm	COMF Cafeteria

**unfortunately, there will not be a nighttime session due to the presenters availability*

All employees and City-insured spouses are welcome to attend during their 'non-work' time. You or your spouse will earn one (1) Wellflex health education unit for attending this workshop. If necessary, please remember to coordinate your attendance with your supervisor.

You may register for the education session by [emailing HR](#) or you may contact HR at 225-8535 for assistance or additional information.